



OFFICIAL EMBLEM OF

THE MAYANS

All material, discourses, lectures, illustrations, lessons, scientific dissertations and letters of transmittal appearing under this Official Emblem are protected by copyright. They may not be quoted except by official and written permission of The Mayans. They are not for sale but are prepared for the private use of Members of our Order. The recipient of this manuscript agrees by acceptance to hold it Private as the property of The Mayans to be delivered up to the Order upon demand. All rights in the material appearing beneath this cover are reserved by The Mayans, including the privilege of translations into other languages.

VADE MECUM, VOLVENTIBUS ANNIS

THE MAYANS
SAN ANTONIO,
TEXAS

Degree 4 - 5

Number 47

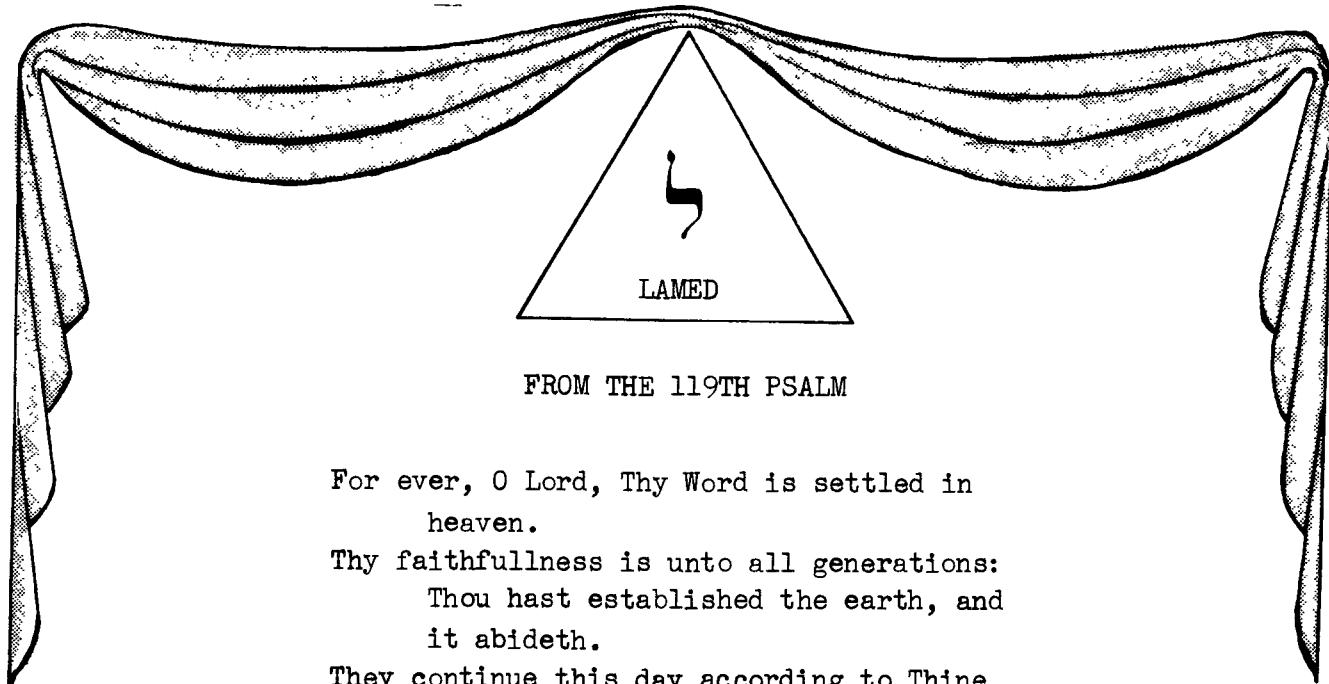
Copyright 1941 by The Mayans



*"God breathed into man
The Breath Of Life
And he became a living Soul"*

PRECEPTORY NUMBER 17

Revelation Number 47



FROM THE 119TH PSALM

For ever, O Lord, Thy Word is settled in
heaven.
Thy faithfulness is unto all generations:
Thou hast established the earth, and
it abideth.
They continue this day according to Thine
Ordinances: for all are Thy Servants.
Unless Thy Law had been my delights, I should
then have perished in mine affliction.
I will never forget Thy Precepts: for with
them Thou hast quickened me.
I am Thine, save me; for I Have Sought Thy
Precepts.
The wicked have waited for me to destroy me:
but I will consider Thy Testimonies.
I have seen an end of all Perfection:
but Thy Commandment is exceeding broad.

B
ELOVED COMPANION:

In our Lecture-Lesson today, we seek further into the Truth of The Word. The 119th Psalm is devoted entirely to it, in all its 22 divisions, each headed by a letter of the ancient Hebraic alphabet.

You have noticed that this section of the psalm is composed of short, detached sentences but have you noted that they are all about the length of a normal breath? Breathe slowly in the tempo you would read these lines if you were pronouncing each word aloud in the Temple before a vast congregation and then, reading and breathing, try all the verses of this Psalm, which have thus

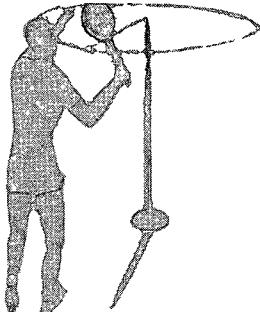
far been given to you. You will find a feeling of Peace and Power comes over you. This is but another demonstration of ancient wisdom and that which has been called "the Science of Breath".

Actually, it is an application of the principle of Harmonics, of which power you shall learn more. It is the power which in the form of sound caused the walls of Jericho to fall, the power that attracts or repels, that ebbs and flows, that rocks with a rhythm so mighty it can snap a steel girder in two as easily as you can break a match stick with your fingers.

Of course, in the case of this Psalm, much of the original rhythm of breathing has been taken from it by the translation yet sufficient remains that with a little practice YOU CAN FEEL THE POWER OF THE WORD as you breathe it.

That which the radio or electrical engineers of today call "frequency" is the same that others have called "vibrations", "alternations" and "cycles" but which we prefer to think of as "rhythms". Rhythms which when kept harmonic add to and multiply their own power but, if not harmonic retard or "cancel out" their power themselves.

Science is just now putting a form of this multiplication of power to work in its newest discovery, the giant cyclotrons, being operated at several of our great universities. In this machine, minutely invisible particles are greatly speeded up, whirled in a circular path and with each revolution, (each cycle) an added impulse is given until it finally approaches "the speed of light" or 186,000 miles a second.



In both this new scientific-mechanico-electro device and within ourselves, the Power of Rhythmic-Harmonic-Energy can be likened to the result illustrated in the little sketch at the left. This illustrates a man with a tennis racquet, batting a tennis ball tied to a post. You are to imagine that this device (the ball on the string, tied to a post and the man), is being operated in a vaccum where there is no resistance to the flight of the ball. The first time the man batted the ball it barely would have the force to swing around the path of the dotted line once. But if each time the ball came around the man batted it again and always at the exactly right split-second, the ball's speed would soon be tremendously accelerated. Operating without resistance to its flight, its speed could become incredibly great because its speed is increased by the amount of each added impulse EACH TIME IT TRAVELED THE CIRCLE.

This would be possible IF THE RHYTHM were perfect. But any break in rhythm would tend to disharmonize the flight, would make the rhythm irregular and would retard the speed and eventually break the flight entirely.

This illustration of the tennis player demonstrates the basic principle of science's most powerful and newest machine. But it also illustrates, and more basically, the Power of Harmonic-Rhythm. And the rhythm of our breathing considerably affects our powers. A fast rhythm of breath causes all our glands to speed up, to work harder, to produce more. An habitual fast-breath-rhythm usually means a premature old age. A rather slow, calm, deep rhythm of breath

attends our meditative periods. The breath-rhythm of a person sleeping dreamlessly and healthfully illustrates the healing-renewing breath-rhythm.

Few people realize the importance of proper breathing, its physical and psychical effects. If only we were taught early in life to realize that in our breathing we take on more of the essential elements for living than we do in eating or in drinking. Breath, food, and water are ALL THREE methods of stoking our physical machines. All three are fuel. But though breath is the most essential of the three we give it the least thought. Physicians of the future, when this age of pills and poisons is past, will prescribe breath exercises; perhaps "iron-lungs", set to operate at certain frequencies or rhythms.

We can live for days without food, for hours without water but only a few minutes without breath. In this era we give it no scientific thought. But in ages past, miracles were wrought by breath control and breath rhythm.

As early as 1897, Doctor W. H. Williams, writing of these teachings of breath-control miracles, said:

"These Revelations are indestructable, never growing old; are ever springing forth fresh from the master-hand....Like the musician, if we touch the strings that vibrate in harmony, we have melody, sweet music. If we set in vibration discordant notes, we have inharmony, confusion of sound. To understand and comply with the laws of harmonious ATTUNEMENT is the great need of humanity.

"We have only to look at the haggard, distorted faces, crouched-over forms and unsteady steps of the masses of humanity to realize the appalling effects of these discordant vibrations upon the great human family".

"I do not forget", he says, "the tortuous and torturous path of my own evolution. In my search for light I found the ways set forth so various and withal so unsatisfactory and confusing, that I became bewildered and dismayed, and had it not been for the encouragement and directions of my (Mayan) 'visitor', I should long ago have gone out in the darkness of despair. Step by step he has led me to one Revelation after another, till I am no longer shriveled and swayed by doubts and fears but, in happy contrast, have found the ever-living presence within and proof of my immortality in Oneness or identity with the ALL".

Dr. Williams went on to considerable fame, giving to the world that which he had been taught. His best book, teaching the part of these instructions which may be taught to those outside the Order, was published in New York by the Alliance Publishing Company many years ago and is now out of print.

In this book he describes the experience that came with his Initiation. He had retired, deeply stirred and somewhat troubled. He says:

"At length I opened my eyes, yet seemed to realize that I was not awake. The room in which I lay was filled with the most beautiful life-giving light that my eyes ever beheld. I have watched the light play upon the faces of those I loved but no light ever filled

me with such deep, calm, restful life as this. It was vital, living light. It seemed to enter, live and move with me. I was neither exhilarated nor excited. As I turned my head, my eyes fell upon the clearly-defined face and figure of a man standing at the foot of the bed upon which I lay. There was no start of fear or surprise upon my part. I looked at him calmly, he at me.

"In appearance he was of average height, dark auburn hair, clear-cut features, dark-blue eyes and a grand face. As he moved his lips, a pleasant smile played over his face as he said, 'Fear not'. A strange feeling came over me, my eyes closed and I had neither power nor inclination to move or speak and I became partially unconscious but felt myself moving with great rapidity and without fear or apprehension. I moved on with a pleasing sensation of the cool balmy air about me, feeling that I was completely mastered by some new force and that I was awakened to a new consciousness. This pleased me and I said to myself, 'This is my Sub-Consciousness rising above my old material self!'

"'O, this is glorious!', and a great throb of joy vibrated through all my being. My eyes opened and I sprang to my feet with a shout. Why - how strange - I am perfectly at ease upon my feet, yet apparently stand on nothing. My movements are wonderfully free and perfect and what light, unlike anything I ever saw, somewhat like clear twilight but so clear and strong it seemed as though my eyes could travel forever through it. I began to look around me and in every direction, around, above, below, what did I see? Nothing, absolutely nothing.

"How strange! Not a single object upon which my sight could rest and no end to sight. Just as the strangeness of the situation dawned upon me, I turned my head and, thank Heaven, at a short distance from me, I saw the same person, spirit or something that I had seen at the foot of my bed. Our eyes met and he advanced toward me with the most beautiful motion I ever beheld. I cannot describe it. It was neither walking, gliding nor floating and yet all of these and more.

"His face was grandly beautiful with the same kindly expression I noticed when in the room. This strange ethereal light seemed to be taken up, absorbed by him and then radiated from him in a wavy mist of the most delightful transparent colors.

"He smiled upon me and it entered and filled my soul. It was a smile of love and wisdom. It - he seemed to enter, to possess me. As he came nearer to me my whole being quivered, not with fear nor ecstasy but with his life. He spoke and his voice seemed to be the consummation, the crown, the glory of all sound: 'Behold!' And immediately my sight was concentrated and polarized and at a great distance I saw what appeared to be a vapor or formless fog. I could discern a slight motion in this, as though it rose and fell or expanded and contracted. As I looked, it grew larger and larger and the motion increased. Soon it began to circle round and round with more and more rapidity and increased in size to enormous proportions. Presently it began to take

shape and like a great globe of fire, revolved round and round.

"I gazed upon it with awe. Suddenly a ring detached itself from the globe, fiery and circling higher and higher, moving with startling rapidity in the same direction as the globe from which it came. I was spellbound and as I gazed at this marvelous scene the ring began to break up and rolled together into a fiery ball similar to the one from which it came, only smaller, and continued to revolve around the parent ball. Soon another ring was separated from the main globe and circled around it as the first; then broke up and was rolled into a ball and revolved around the larger ball and, as I watched it in its swift flight, four rings in quick succession were detached from this smaller globe and rolled into yet smaller globes and revolved around the globe from which they were detached.

"Then, just as I turned my eyes to the main globe, a very large ring, much larger than the former ones, was thrown off from it. This formed into a mighty ball and revolved around the central one. Suddenly two or three rings detached from this globe in quick succession, and I expected to see them resolved into small globes as had the others, but instead of this, they continued to circle round and round in brilliant splendor.

"Then several other rings or wreaths were detached from the body of this globe and quickly were transformed into small globes and assumed orderly revolutions around the ball from which they came. The grandeur of this magnificent scene was beyond all description. Its splendor cannot be pictured in language.

"I turned towards the central ball just in time to see another immense ring, larger than any of the others, thrown off which I watched with deep interest as it broke to pieces and was transformed into a huge ball and revolved majestically around the parent ball.

"Another small circlet left the central globe and was sphered as the others had been; then another ring about the same size and, from that, a small circlet was resolved and rolled into a diminutive ball. Then another circle from the central globe rounded into a globe and still another smaller circle rounded and revolved with terrific speed as I beheld spellbound with admiration and amazement this stupendous transformation: the greater or central globe whirling in space round and round, circlet after circlet leaping from it and spherizing themselves and rushing with astonishing flight, each faster than the other and yet rings springing from them, spinning themselves into balls and each in swift flight revolving around its parent ball, all from that formless cloud.

"I was so completely overwhelmed that I thought I was about to sink, when a touch thrilled through me and as I looked again at the whirling, spinning, shining globes I felt, a hand laid softly upon my shoulder, a touch full of love and assurance and again that same matchless voice said 'Behold!'

"I looked again upon this most entrancing scene that eyes ever beheld. The great central sun and all the globes whirling around it with incomprehensible velocity, yet in perfect order and harmony, were all moving in a grand, far sweeping spiral, upward, revolving, spinning, shining, in rhythm and time, higher and higher with incredible speed.

"I felt myself beginning to sink and with a slight and not unpleasant start I awoke, lying in my bed in the same room with the same living light and same mysterious visitor standing at ease at the foot of my bed. My sensations were restful and I was at perfect repose, when presently it occurred to me that when I had fallen asleep I had been much disturbed and perplexed and now such an entire composure caused me to suspect that I had passed the boundary of mortal life.

"I cast a glance towards the person standing at the foot of the bed. Perhaps I had fallen into the hands of some hypnotist, I thought. He seemed to read my thoughts and a scarcely perceptible smile played over his face as he said, "Neither, I assure you". His manner and voice gave me confidence and I said, 'May I ask who or what you are?' He looked at me steadily and replied, 'Do not believe me uncourteous when I say that who I am I cannot now tell you but the time will come when you shall know. But be assured that I am your friend. I have long watched you and am acquainted with your struggles and misfortunes and I am here to help you and through you to help others'."

Dr. Williams' report, as given above, came after practice of the Lesson on Astral Projection or Astral Travel which you have had. Members of your class reported experiences comparable to his but they, of course, are private papers, whereas Dr. Williams himself published not only the experience described but many other revelations he received. The vision which his Mayan Guide first led him to see was that of the birth of a solar system. Such acts of creation are going on continuously in the vast outer spaces of the Universe.

We will give you in subsequent lessons some of the other revelations communicated directly to Dr. Williams by this means. We will give you his experiences but it is desired that you, meanwhile, develop your own abilities to thus obtain direct guidance and revelation. You must at least make effort to progress in that direction. Some of your class members have accomplished a great deal already but others are delaying their own progress toward the grand exaltation of their powers. If you are one of these who have as yet accomplished little in this direction, go back and review Lesson Number 43 which gives you instructions for developing this ability.

Do not become discouraged and give up trying. Nothing worthwhile is accomplished easily, though through practice can anything be performed with ease. Do not strive, or make hard work of it. All mental powers work best when one is relaxed.

Realize that any accomplishment envisioned in Mayanry, all the ancient wisdom, secrets of Nature's powers, CAN be yours - if YOU will do your part. Each person, each member RECEIVES from Mayanry exactly in proportion to what he puts into it in sincere devotion.

Unlike the world's schools and universities where degrees may occasionally be "bought" by giving an "endowment", in Mayanry a wealthy member cannot obtain any more knowledge from the Order by paying a large sum of money than can the humblest sincere student who finds it occasionally difficult to keep up his small dues. What each member gives in terms of money, goes to the material endowment of our Order, that it may materially expand and there is Grace for the member in that. But what the member receives in wisdom from the Order is limited only by how much he will TAKE out of each lesson himself. It is here. You are welcome to all of it. But the instructions are self-censoring.

The proud, the lazy, the unawakened, the material-minded who "are willing to trade a shilling for a diamond" all limit THEMSELVES. Mayanry does not limit them; they limit themselves. They sometimes report that many years after they have read a lesson the hidden experience in it that seemed to them at first to be simple suddenly dawns upon them and they re-awaken and again "Ask, Seek and Knock" upon the sanctuary doors for admittance. How much they have missed meanwhile. For life is short and this journey is made but once.

The Soul of the fully awakened member is different. He gains the utmost from Mayanry. It inspires him; it colors his whole life; he lives more keenly and advances his evolving consciousness tremendously with each lesson. For many years Mayanry was restricted to "The 100". With the approach of a new condition of world turmoil, permission was obtained to form one hundred classes of one hundred members each, that this knowledge might be kept living and that mankind might be helped through its coming travail. The members of these one hundred classes were to be SELECTED. Yet even with the most careful selection, I have been instructed to keep in mind that only ONE percent of these selected ones would persevere to the full flowering of their opportunities. Thus, you see, even with this expansion, even with this opportunity being given to ten thousand, yet "The 100" Perfected Ones, remain as an ideal, intact.

There are "tests" for ALL the membership, not for the purpose of tempting anyone to fail but to reveal conclusively the exact degree of your fraternal feeling and the exact degree of your accomplishment of freedom from material standards as well as the exact degree of your development and the warmth of your . For from among these present classes are "The 100" selected and upon them the future of all Mayanry must rest.

Just as the lessons are self-censoring to those unworthy, so are they self-revealing to the earnest soul. The wisdom of life is not hidden intentionally but because its own nature allows it to be visible only to those who kindle The Light whereby it may be seen. The joy of The Light with all its harmonies is its own reward. Those who glimpse it desire nothing more. For,

- - - THE LIGHT - IS GOD - THE ALL - - -



*J*N ATTEMPTING the practice of Mental or Astral projection, do not attempt to obtain a "duplication" of Dr. Williams' experience. Do not try for any particular experience. When it comes, it should be according to your own Character and Personality. The writer may be moved to write, the musician to compose or the inventor to have revealed to him a new idea or the solution to an old one. The good farmer may be moved to discover a better plant or a new way of cultivation; the city-dweller a better social plan; each according to his or her own evolved consciousness. Let "the Spirit" lead you.

Observe a rhythm in your studies. Do not wait for new lessons, apply the old. Perhaps you have missed a great deal by "hurrying" through them. There is no hurry in the Grand plan. Speed, yes, but not hurry. The world is hurrying toward a tremendous climax. Be not worldly but speed your development without hurry or striving, in a calm rhythm of advancing consciousness, with the power to crumble a thousand walls of Jericho. The world will have great need of such as you. And, study again the parable of the wise and the foolish virgins, that you may be protected.

You perhaps noted that the "visitor" Dr. Williams described, showed him a "pulsating" solar system, one that "exhaled" the rings or vortexes which became spheres, or worlds. This is a correct statement, strange as it may seem. Our own Earth may be said to "inhale and exhale", to pulsate and to most definitely observe an intricate rhythm. The inhalations and exhalations may be thought of as being "magnetic" or "electric" for want of a better word. I prefer the ancient's word "Prana" which is simply "Energy" or "Spirit". Your mind in action projects Prana; so does your nervous system, and so do your lungs.

When you inhale you take into your physical system the invisible "particles" of Prana in the atmosphere. When you exhale you excrete or cast forth the used up vehicles of Prana and some of your own "Personal" Prana. It is present in the heat of your breath, in the gasses of your breath and in the air itself that you breath out.

Prana is the invisible "substance" out of which material things are formed by Mind. Prana may be directed by the will or wish, directed by Mind to heal a wound or to destroy a cancer. With God-mind it may be directed likewise or to form a world or a solar system.

Prana exists everywhere. It is in you and through you, refreshed and re-supplied with each intake of air, each beat of your heart, each ebb and flow of the nervous system. It is in everything you eat or drink, in everything around you. It is in and through and around the earth. It is out beyond in so-called "empty" space. It is in and through the so-called vacuum and the void. It is in and through the entire Universe and all that may be called the Universe beyond. It is the abiding, creating, energizing Spirit of God.

Put it not to dis-harmonic uses for, as you do so by thought or deed, you stain it. You cannot destroy it but you can direct it wrongfully or destructively or into inharmonic rhythms. If you do so, before you can ever regain harmony yourself, it will be your immortal task to re-harmonize that Prana which you have cast forth into the Universe in inharmony. Man cannot change the exquisite balance of Nature to any appreciable extent but each disharmony which he is responsible for he must restore to harmony again before he can know Peace.

Many persons living today are inwardly tortured by a vague sense that they have some task to do, some duty to perform, some reason for existence in this life beyond their Conscious knowledge. They work for a time at this or that but they fail to be satisfied; the vague unrest drives them on from pillar to post without their knowing "Why". Their unrest and dissatisfaction will continue perhaps through many "lives" until - until they restore to the Universe the harmony which they (perhaps in a previous existence) disrupted. They must seek out the stained Prana and cleanse it. They must restore the rhythm, the harmony. The instrument to use is Love.

No surer instrument has ever been devised. And happy is the man or woman when he or she discovers that Love and Faith and Understanding ARE "instruments". They are more than tools, more than "keys" - they are the Harmonic Organ itself.

I now give you this wisdom and pray that you will IMMEDIATELY institute a daily rhythm of the Harmonic Expression. Use these instruments each day. If you cannot at first use them ALL of each day, then set a certain half-hour or a certain minute even each day when you WILL use them. A few words spoken to WHOMEVER is nearest you at that minute will, like the cyclotron, build up your powers, your health, your happiness to a degree that is tremendous.

God Bless You,

THE MAYANS

EXERCISE NUMBER FOUR

This exercise is given you as a stimulant to a part of the brain the average man seldom uses. TRY TO VISUALIZE AND UNDERSTAND THE VAST DISTANCES DESCRIBED AS SEEN BY DR. WILLIAMS. No human mind can really encompass such immensities fully but you are to TRY to do so. Dwell on the thoughts which come to you in this exercise. Do not hurry through them but streamline your thoughts as you endeavor to project your understanding to these distances.

First, IMAGINE yourself seated in one of the astronomers chairs atop one of the Pyramids in an old Mayan Observatory. It is night-time and in the soft tropic air all the vast panoply of Heaven is shining and twinkling before your eyes. A figure detaches from a group of Astronomers and comes toward you. As he approaches, you recognize Moo-Lu-Akin. He speaks to you:

"In order, Beloved Companion," he says, "to make the way plain to you I must refer you to many truths or facts that are already known and taught. In the solar system the sun is the grand center with a diameter of 860,000 miles; volume, 1,300,000 times greater than the earth.

"The planet nearest the sun is Mercury with a diameter of 2,960 miles; distance from the sun, 36,000,000 miles; it revolves around the sun in 87 days. Venus comes next with a diameter of 7,800 miles; distance from the sun, 66,000,000 miles; revolves around the sun in $7\frac{1}{2}$ months. Your earth is next with a diameter of 7,912 miles; rotates in one year at a distance of 92,870,000 miles from the sun. Next beyond this is Mars; 4,500 miles in diameter; 139,000,000 miles from the sun; revolves in its orbit in one year and 10 months.

"The next planet is Jupiter, 89,000 miles in diameter; 476,000,000 miles away from the sun; its revolution is 12 years. Then comes Saturn with a diameter of 79,000 miles at a distance from the sun of 872,000,000 miles; revolves in 29 years. The next in order is Uranus, 35,000 miles in diameter; 1,754,000,000 miles from the sun; revolves in 84 years; and then, Neptune, at a distance from the sun of 2,746,000,000 miles; rotates in 164 years, and has a diameter of 31,000 miles. And far beyond Neptune is still another planet, the newly discovered Pluto, so distant that it can only be seen with the aid of a large telescope.

"Our sun is the center of this wonderful system of planets or worlds. His Royal arm spins the fiery planet Mercury around him at the terrific rate of 29 miles per second; fair Venus at 22 miles per second; your lovely earth at the rate of 18 miles per second; beautiful Mars at 14 miles per second; the Asteroids at 11; the giant Jupiter at 8; wonderful Saturn at 5; Uranus at 4 and Neptune at 3 miles per second. From Neptune the sun would appear as a small star. Your solar system, vast and stupendous as it is, is but a small affair compared to what is beyond its boundaries.

"By the aid of the telescope, 18,000,000 suns have been discovered in the Milky Way, each as large and some much larger than your own. Each star as seen from your earth, is a sun, the center of a system as vast or

greater than your own, separated from each other by incomprehensible distances and all these at such appallingly remote distances from you that they appear all run together like a thin fleecy cloud. There are stars so far away that light traveling at the rate of 186,000 miles per second would require thousands of years to reach you and yet stars and suns quadrillions, sextillions and multiplied sextillions of miles beyond that, and yet on and on beyond that. There are suns that your astronomers know have 50,000 times more heat than your own sun. There are double suns, triple suns, suns revolving around each other, red suns, green, white, yellow, amber, golden, suns of all colors and sizes, numberless suns and planets of all temperatures and conditions, all whirling, shining, singing in rhythm and time, all, all obeying the supreme universal law of attraction and repulsion.

"And then, Beloved Companion, all this space occupied by our entire solar system is filled with atoms; each atom necessary to the whole, the whole necessary to the smallest part. The atoms in turn are made up of astronomical systems of neutrons, protons and electrons all revolving around each other just as solar galaxies do and they in turn are made up of Prana. From these infinitely small forms up to the sun, the planets with their rings and moons, all are but atoms. The entire solar system is alive. All is motion; all is life; all is God. Every atom, every particle within the atom is an expression of life.

"Here in this incessant motion we discover Nature's method of creating, controlling, transforming and dissolving to again rearrange to form other more complex and highly perfected forms or expressions of Life. All of creation is perpetually changing into new and more beautiful expressions of life in numberless varieties and again from these, spring into existence other innumerable varieties to be yet again transformed into forms more complex; ever developing possibilities larger, grander, broader in their scope of action.

"By this universal law, atoms are formed into masses of rock, iron, gold, silver, etc. In the vegetable kingdom, atoms are brought together by the same law; in the animal kingdom we find the same force at work building according to the laws of attraction and repulsion. Starting with the lowest forms of animal life, we find a small number of potentialities in combination, the organs are few and simple. As they advance in the line of evolution, more and more potentialities are introduced and the organs become more varied and complete in their internal and external relations until the production of man, in whose complex structure we find in essence all potentialities in Nature that had preceeded him.

"The sun polarizes everything in our solar system. The sun is the center around which every atom in space occupied by your solar system revolves. Every atom must obey the sun's attraction and repulsion and man can, by living in harmony with God, polarize himself to harmonize with Nature. Man can, by correct breathing, "catch the wind", as it were, of this wonderful movement and perform many seeming miracles of Mind and Spirit". May you, Beloved Companion, be one of these.

.... FURTHER INTERESTING FACTS FOR YOUR MENTAL EXERCISE

Science believes it has measured the speed of light in a vacuum at 186,000 miles a second. In astronomy marvelous accuracy has been attained in measurements, measurements so exact that they could be compared to a man measuring the angle made by the opposite sides of a human hair over a mile and a half away. Measuring an angle so small as this requires the greatest care. This angle is what is called the "parallax" of a star. At the most, the parallax of a star is $\frac{3}{4}$ of a second of arc. One second is $\frac{1}{3600}$ of a degree.

If you were to look for a penny $3\frac{1}{4}$ miles away it could not be seen but the angle from one edge of that penny to your eye and back to the other edge would be one second of arc. An astronomer considers that fairly easy to measure. He can readily detect a parallax of a hundredth of a second of arc. A star which shows a parallax of one second of arc would be distant from us by 200,000 times the distance of the sun from the earth. You can see by this that the use of the term "miles" is rather absurd for such distances so there are two chief units in use for star measurement, the "parsec" and the "light-year". A parsec is the distance at which a star shows a parallax of a second of arc. A light-year is the distance which light (in a vacuum) travels in a year at the rate of 186,000 miles a second. Therefore, one light-year equals 5,880,000,000,000 miles. One parsec equals 19,150,000,000,000 miles. If the earth's orbit were only the size of a dime, a parsec would be 1 mile and 1100 yards in diameter. On this scale the earth itself could be seen only by the aid of a good microscope.

The nearest well known star is Sirius, the famous Dog-Star, which is $2\frac{1}{3}$ parsecs, or 8.6 light-years away. The nearest star is too faint to be seen by the eye but it is only about 1 parsec and $\frac{1}{3}$ away. Within 5 parsecs of the sun there are only 26 stars. Science knows that there are at least 30,000 million stars. Among these the earth is only as a speck of dust in a great city, and this refers only to the visible universe. The invisible universe is vastly greater. Our sun and its little flock of planets lie in a cloud of stars a couple of parsecs or so apart.

One may think of these stars as being as isolated as peas placed in space 150 miles apart if you can visualize such a thought. If you were to cut out a small section of the "empty" part of outer space and place one pea at every 150 miles, the size of the pea compared to the distance to the next pea would be about the average distance between the stars. When you look at the sky on a clear, dark night you see a band of light, called the Milky Way, composed entirely of faint stars. If you could see underfoot as well as overhead it would seem to form a great circle around the earth.

This gigantic collection of stars of the Milky Way is probably about 75,000 parsecs in diameter. Within this mass are many minor but still enormous clusters of stars, and also a number of nebulae, hazy masses of gas. The stars appear on the whole to be streaming around the center of the galaxy. The whole mass of the galaxy, 75,000 parsecs in diameter, is rotating on itself once in every 250,000,000 years. Even this slow rotation means a very great speed for the outer stars, as much as 150 miles per second. The edges of the galaxy are some 30 or 40 thousand parsecs from us. The top and bottom of it are far nearer, probably about

six or eight thousand parsecs.

There are a number of nebulae in the sky, of which the great nebula of Andromeda is an example which, under great magnification, is seen not to be hazy clouds but to consist of myriads of stars. The Andromeda nebula is no less than 270,000 parsecs, nearly a million light-years away. It is a gigantic object; it occupies nearly 3 degrees of the sky and is, therefore, about 15,000 parsecs in diameter. Its enormous size makes it clear that it is a galaxy like our own, though smaller. The Andromeda nebula is, then, a vast island universe cut off by a huge tract of space from ours.

It is by no means the only one of this kind. Hundreds are known with distances up to 40,000,000 parsecs. The light waves from these which we focus into an image in our telescope started on their journey to us before there was a man, before there was even a monkey: in fact when the giant reptiles were wallowing in the earth's swamps, that light set out for the earth traveling at such a pace that it would encircle the earth in a seventh of a second.

There are at least 2,000,000 or so of these island universes scattered about. An analysis of the spectra of these different galaxies indicates that they are all, with the exception of Andromeda, retreating rapidly and the further off they are the more rapidly they are moving. The distant ones are racing away at a speed of nearly 25,000 miles a second.

It is said, therefore, that the universe appears to be expanding. If we trace this motion back it seems that the whole universe must have been concentrated at a center no more than 150,000 million years ago; a figure which is difficult to reconcile with the usual estimates of the age of the stars. Perhaps the universe pulsates, alternately contracting and expanding; the theory of relativity seems to indicate that the universe must either pulsate like this or must expand forever or must contract first from a great size to a minimum value, then expand.

May all these thoughts help you to realize better the

GREATNESS

of



.... ANSWERS TO QUESTIONS AT END OF LESSON 46

(Please check these with the replies you made)

Answer #1. The daily practice of Meditation, communion with your Creator, a seeking of a quiet moment, a reviewing of that which is good and the rejecting of that which is vain. Pausing for prayerful inspiration.

Answer #2. (For your personal answer)

Answer #3. Only by use are abilities increased. You should find constantly more use and purpose for this teaching. It is not to be used for vain or idle purposes, of course, but in the world as it is today there is much for the practitioners of The Word to do.

Answer #4. If your answers to any or all of the three questions in Number Four is "No" then you need to study with more attention. Review a number of your lessons. In particular read Lesson 46 again in a manner to get more out of it. This Wisdom, written in simple words should impress you more deeply. If your answer is "Yes" then I, your Class Instructor, would be deeply appreciative for a letter from you giving details. We glory in your success.

Answer #5. Please read Page 6 of Lesson 46 starting with the statement, "Thoughts Are Immortal".

Answer #6. By acquiring the "habit of Gladness" by seeking always perfection. See page 7 of Lesson 46.

Answer #7. Unless you did memorize it, you could hardly have kept it well all week. Try memorizing it now, (on Page 8) and USE it all during the week ahead. The purpose of this is to ESTABLISH this good habit in YOUR Consciousness. Do so, for even ONE week, and your life WILL be bettered. Do so, for even one week; do so, THOROUGHLY, repeating it many times each day, and you will want to continue it longer to YOUR IMMORTAL BENEFIT.

According to your EARNESTNESS OF PURPOSE; according to the USE YOU MAKE OF these teachings, YOU WILL BENEFIT THROUGH ALL THE YEARS AHEAD.